

Please visit:  
[www.troutdaleoregon.gov/rec](http://www.troutdaleoregon.gov/rec)  
for the latest information and to register online

# RECREATION GUIDE



## FALL 2020

People outside of Troutdale  
are welcome to participate as well.

# CITY OF TROUTDALE RECREATION DEPARTMENT

Register online at [www.troutdaleoregon.gov](http://www.troutdaleoregon.gov)

CHECK OUR WEBSITE [www.troutdaleoregon.gov](http://www.troutdaleoregon.gov)  
FOR THE MOST CURRENT INFORMATION/CHANGES

## TABLE OF CONTENTS

YOUTH/FAMILY/ADULT PROGRAMS .....	4-5
DISCOUNT INFORMATION .....	6
RESIDENT/NONRESIDENT INFORMATION .....	6
REGISTRATION INFORMATION .....	7
CONTACT INFORMATION .....	8

## RECREATION PROGRAM SITES

SAM COX BUILDING/GLENN OTTO PARK.....1106 E. Hist. Columbia River Hwy  
CITY CONFERENCE BUILDING..... 223 Buxton Road  
TROUTDALE POLICE COMMUNITY CENTER.....234 SW Kendall Court  
COLUMBIA PARK.....1900 Cherry Park Road



## EMERGENCY PHONE NUMBERS ~ 911



NON~EMERGENCY POLICE DISPATCH .....	503-823-3333
GRESHAM FIRE DEPARTMENT .....	503-618-2355
TROUTDALE CITY HALL .....	503-665-5175
CHAMBER OF COMMERCE .....	503-669-7473
CODE COMPLIANCE .....	503-491-4009
BACKYARD BURNING.....	503-618-3083
MULT. CO. ~ STREET LIGHTS .....	503-988-0164

# TEDDY IS HERE!



Find out how you can get one at  
[www.troutdaleoregon.gov/rec](http://www.troutdaleoregon.gov/rec)



# YOUTH, FAMILY & ADULT

For all programs go to the recreation registration site for details: dates, times, location, cost etc...

Also, additional programs may be added throughout the fall season. Check the recreation registration site and the City's Facebook page for updates.

## **Stroller Strides®**

by FIT4MOM Gresham-Mt. Hood



**Ages 18 years & Up with your little one!**

Stroller Strides® is a total-body workout for moms with kids in tow. Each workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! This class is all about self-care in a supportive and encouraging environment. Join for the workout, stay for the connection with monthly play dates, Mom's Night Out events and community service opportunities. Join us! (Dads are welcome too!)

**INSTRUCTOR: Renee Outlaw, Owner**  
FIT4MOM Gresham-Mt. Hood, OR  
503-850-8152  
[reneeoutlaw@fit4mom.com](mailto:reneeoutlaw@fit4mom.com)  
[www.gresham-mthood.fit4mom.com](http://www.gresham-mthood.fit4mom.com)  
[@fit4momgresham](https://www.instagram.com/fit4momgresham)  
[#fit4momgresham](https://www.facebook.com/fit4momgresham)

## **Taekwondo**

**Ages 6 years & Up**



Youn Wha Ryu Taekwondo is an ancient and complex self-defense system that goes beyond kicking and punching. Students learn practical self-defense concepts that focus on increasing reaction, timing, speed and full body power. Children and adults can train together for great family fun and fitness. Beginners are always welcome!

**INSTRUCTOR: Ronna Rothenberger**

## **Looking for Youth Sport Programs?**

Flip this guide over to PlayEast!  
and find some other programs  
including sports!

## **Little Trout Play Park**

Play Park will not be offered this fall season, but we look forward to when we'll be able to offer it again!

## **Kinderdance®, Kindertots®** **Kindercombo®, Kids Yoga**

Kinder classes and Kids Yoga are planning to start again in the winter session of 2021. Instructor Debbie Sackett looks forward to seeing you then!

# YOUTH, FAMILY & ADULT

For all programs go to the recreation registration site for details: dates, times, location, cost etc...

Also, additional programs may be added throughout the fall season. Check the recreation registration site and the City's Facebook page for updates.

## **Crochet at Your Level**

Ages 18 years & Up

**New!**



Learn to crochet or build your skills. Join us for some simple, useful projects or bring your current one. Learn the basics at the first class and determine what you want to learn next. Knitters also welcome.

Bring your own supplies. See supply list on registration site.

**INSTRUCTOR:** Volunteer Aleta Sanstrum is a certified Crochet and Knitting instructor through the Craft Yarn Council. She learned to crochet from her grandmother at a young age, and learned to knit as a 4th grader in Camp Fire Girls. She's taught classes at the Sandy Community Center.

## **Tai Chi Calm**

Tai Chi might be offered this fall or may wait for winter or spring. Check the recreation registration site for updates.

## **Yoga for a Balanced Life**

Ages 18 years & Up

Build your immunity and balance your mind, body & spirit through movements that increase flexibility, develop muscle tone and ease the knots in the body & mind. We will focus on the breath and increase personal awareness. Come experience this easy-to-follow, safe, fun and effective class.

**INSTRUCTOR:** Kay Gates



### **YOGA INSTRUCTOR BIO:**

**Kay Gates** is a certified instructor through the Yoga Alliance with more than 8 years & over 800 hours of teaching experience.

She has also completed Integrative Yoga for Seniors professional training through Duke University.

## **Gentle Yoga for Health & Healing**

Ages 18 years & Up

Build your immunity in this gentle paced yoga class that is open to all and is ideally suited for seniors. This class is for those who want to improve agility, range of motion, strength, balance and coordination.

**INSTRUCTOR:** Kay Gates

# REGISTRATION INFORMATION

Our registration process is online only.  
Please see page 7 for more details.

## Financial Aid Discount

### TO APPLY FOR FINANCIAL AID

- If you are a Troutdale Resident and are in need of financial assistance you may fill out the online form on the website or please contact the Recreation Manager, Mollie King at [mollie.king@troutdaleoregon.gov](mailto:mollie.king@troutdaleoregon.gov) or 503-674-7206.
- Financial Aid is for Troutdale Recreation programs listed in this guide.

### DONATIONS

- It's important that all people have the advantage of recreation. Help support your community by donating any amount to the FINANCIAL AID (Scholarship) FUND.
- Donations are accepted at Troutdale City Hall or call the Recreation Manager at 503-674-7206 for more information.
- Many thanks to everyone who has contributed. It means a lot to those who otherwise could not afford to attend the programs. *Thank You!*

**R = Resident\***  
**NR = Non Resident**

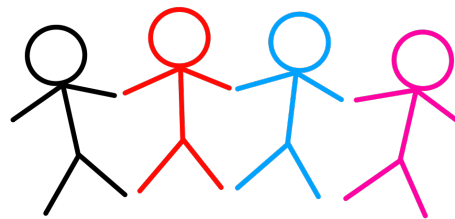
\*Resident = You receive a water bill from the City of Troutdale. You reside, own property or a business within the city limits of Troutdale.

## Fairview & Wood Village Residents: Save Money Now!

Your local City Hall has a great opportunity for you! After registering for a Troutdale recreation program and paying the full Non Resident price, take your receipt to your City Hall and be reimbursed for the difference between the Non Resident and the Resident amount.

## Family Discount

Signing up more than one family member for the same program? We will give you a 20% discount on each additional person. Fill out the Family Discount form on the website or contact Mollie King at 503-674-7206 or [mollie.king@troutdaleoregon.gov](mailto:mollie.king@troutdaleoregon.gov).





# REGISTRATION - ONLINE ONLY

## HOW TO REGISTER ONLINE:



Register 24/7 at [www.troutdaleoregon.gov](http://www.troutdaleoregon.gov):

- Click on “Recreation”.
- Click on “Register for Activities”.
- Click on “Account” to set up a password protected account. The system will store participant information (but not credit card number).
- To register for a program click on “Register” then “Programs or Activities”
- Find the season/year you are interested in (for example Winter 2020)
- Hit “+” to expand/open
- Scroll to see the selections
- Programs will appear to the right
- Scroll down in this window for any additional programs listed
- Click on the notepad icon to register (under Sign Up)

The system will guide you through the rest of the steps to complete your registration and pay with a credit or debit card. The City only accepts Visa or Mastercard.

Please contact Mollie King, Recreation Manager  
for any assistance at 503-674-7206.

## Cancellations/Refunds

- Request within 5 business days (Monday ~ Friday) before the start of the program = refund of amount paid less 15% processing fee.
- Request within 4 business days (Monday ~ Friday), during or after program = No refund
- If the City of Troutdale cancels a program, a full refund will be issued within one to two weeks.

#### CITY COUNCIL MEMBERS

Casey Ryan, Mayor  
Dave Ripma, Council President  
Randy Lauer  
Jamie Kranz  
Glenn White  
Nick Moon  
Zach Hudson

#### PARKS ADVISORY COMMITTEE

Todd (Marshall) Jones  
Shelly Reynolds  
Carol Allen  
James Gurtisen  
Natalie Rasmussen  
David Wheaton  
Jeff Hutchinson  
Brenda Austin  
Victoria Rizzo

#### SNOWCAP DONATIONS

You can donate to  
SnowCap all year long  
at Troutdale City Hall.  
Your donations are  
needed and greatly  
appreciated.  
**THANK YOU!**

#### CITY STAFF

Ray Young, City Manager  
Mollie King, Recreation Manager

#### CONTACT

Community Services  
Recreation Manager  
Mollie King 503-674-7206  
mollie.king@troutdaleoregon.gov  
Mailing address:  
219 E. Historic Columbia Riv. Hwy,  
Troutdale, OR 97060

#### **GOOD NEWS IS *NO* NEWS!**

*Unless you hear from us, GO to class.*

We will contact you:

- If class is cancelled
- If there is an important change

*So, if it's almost time for your class and you  
haven't heard from the staff at Troutdale  
Recreation, that's good news! It means the  
class is a GO—see you there!*

